



## Erie County Stay Fit Dining Program Standard Menu August 2021



| Tuesday  | Wednesday  | Thursday   |
|--|--|--|
| <p><b>3</b> Chicken Breast with Gravy<br/>Mashed Sweet Potatoes<br/>Peas<br/>Breakaway Roll<br/>Strawberry Shortcake with Whipped Topping (709)</p>                        | <p><b>4</b> Baked Penne Pasta with Italian Sausage, Tomato Sauce &amp; Mozzarella Cheese<br/>Broccoli<br/><b>Chef Salad with Dressing</b><br/>Dinner Roll<br/>Peach Bavarian (791)</p>                     | <p><b>5</b> Breaded Pork Chop with Gravy<br/>Lazy Pierogi<br/>Carrots<br/><b>Marinated Tomato, Cucumber &amp; Onion Salad</b><br/>Whole Wheat Dinner Roll<br/>Pineapple &amp; Mandarin Oranges (732)</p> |
| <p><b>10</b> Stuffed Shells with Tomato Meat Sauce &amp; Mozzarella<br/>Cauliflower<br/><b>Chef Salad with Dressing</b><br/>Italian Bread<br/>Shortbread Cookies (841)</p> | <p><b>11</b> Pork Ribette with BBQ Sauce on a Bun<br/>Scalloped Potatoes<br/>Peas with Red Pepper<br/>Chocolate Bavarian (863)</p>   | <p><b>12 Entrée Salad</b><br/>Cranberry Chicken Salad on a Bed of Fresh Salad Greens with Classique Dressing<br/>Club Crackers<br/>Lemon Ice (647)</p>   |
| <p><b>17</b> Beef Stew<br/>Brussel Sprouts<br/>Biscuit<br/>Cinnamon Applesauce<br/><b>Marinated Fresh Vegetable Salad</b><br/>Chocolate Milk (698)</p>                     | <p><b>18 Entrée Salad</b><br/>Grilled Chicken, Mandarin Orange &amp; Sunflower Seeds on a Bed of Fresh Salad Greens with Classique Dressing<br/>Whole Wheat Crackers<br/>Fresh Cantaloupe (574)</p>        | <p><b>19</b> Turkey Breast with Gravy &amp; Cranberry Sauce<br/>Mashed Butternut Squash<br/>Green Bean Casserole<br/>Wheat Bread<br/>Strawberry Bavarian (558)</p>                                       |
| <p><b>24</b> Sloppy Joe on Whole Wheat Roll<br/>Broccoli Cheese Rice<br/>Casserole<br/>Carrots<br/>Tropical Fruit (789)</p>  | <p><b>25 Entrée Salad</b><br/>Southwestern Steak Salad with Corn &amp; Black Bean Salsa on a Bed of Fresh Salad Greens with Ranch Dressing<br/>Fresh Neckline<br/>Dinner Roll<br/>Chocolate Milk (860)</p> | <p><b>26</b> Vegetable Quiche with Cheese Sauce<br/>Cauliflower<br/>Harvard Beets<br/>Honey Bran Square<br/>Mandarin Oranges (868)</p>   |
| <p><b>31</b> Buffalo Style Breaded Chicken Breast on a Bun<br/>Fiesta Corn<br/>Broccoli<br/>Tapioca Pudding with Diced Peaches (736)</p>                                   | <p><b>1</b> Roast Turkey with Stuffing &amp; Gravy<br/>Mashed Sweet Potatoes<br/>Peas<br/><b>Molded Cranberry Salad</b><br/>Fresh Grapes (726)</p>   | <p><b>2 Labor Day Meal</b><br/>Breaded Chicken Drumsticks<br/>Corn-on-the-Cob<br/>California Blend Vegetables<br/>Wheat Dinner Roll<br/><b>Macaroni Salad</b><br/>Orange Creamsicle (967)</p>            |